

snorkelling

Name: _____



Note: Before being trained or examined for this badge, a Scout must satisfy the examiner that they are medically fit for snorkelling.

Requirements	Passed
1. Have passed the Swimming Scoutcraft Badge or complete all the requirements for it.	
2. To be completed in a swimming pool wearing only a swimsuit. Swimming goggles may be worn. One minute's rest is allowed between each test a) Swim 200m freestyle in not more than 8 minutes. b) Float on back for 5 minutes using only slight arm and leg movements, or use drown proofing for 5 minutes. c) Tread water with arms folded across chest for one minute. d) Recover object from no less than 2 metres.	
3. To be completed in a swimming pool using a mask, snorkel, and fins. A wetsuit with neutralising weight belt may be worn. a) Sink mask, snorkel, and fins in 3 to 5m of water. Dive for each individual item separately and refit on surface. If wearing a wetsuit, the weight belt is not to be removed. If no wetsuit is worn, a weight belt of 5% of body weight should be worn. b) Whilst treading water, remove weight belt and hand to a person on the poolside. Retrieve from person and refit whilst still treading water. c) Fin 200m doing at least 8 neat duck dives. d) Tow buddy 50m. e) Fin 25m underwater. f) Hold breath for 20 seconds underwater. g) Remove mask. Fin 50m with face submerged and breathing through snorkel. One hand is to be behind the back and the other used to steady the snorkel.	
4. To be completed in open water at a safe diving location. A wetsuit with neutralising weight belt may be worn. Before entering the water discuss the dive plan with the examiner. a) Fin 400m wearing basic snorkelling equipment. b) Dive to 5m and signal "OK" afterwards. c) Tow his buddy 50m.	
5. The Scout should have a sound knowledge of the following: a) Basic snorkelling equipment, its use and care. b) Boyle's Law and the effects of pressure on the body, especially the lungs, ears, and sinuses. c) Hyperventilation. d) Hypothermia. e) Dive planning (pre-dive check, signals, lost buddy procedure). f) Resuscitation techniques.	
SCUBA training is excluded from this badge because training should only be given by a qualified instructor.	

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Badge Awarded

